

**Patient's Instructions for Use**

# ADVAIR DISKUS<sup>®</sup> 100/50, 250/50, 500/50

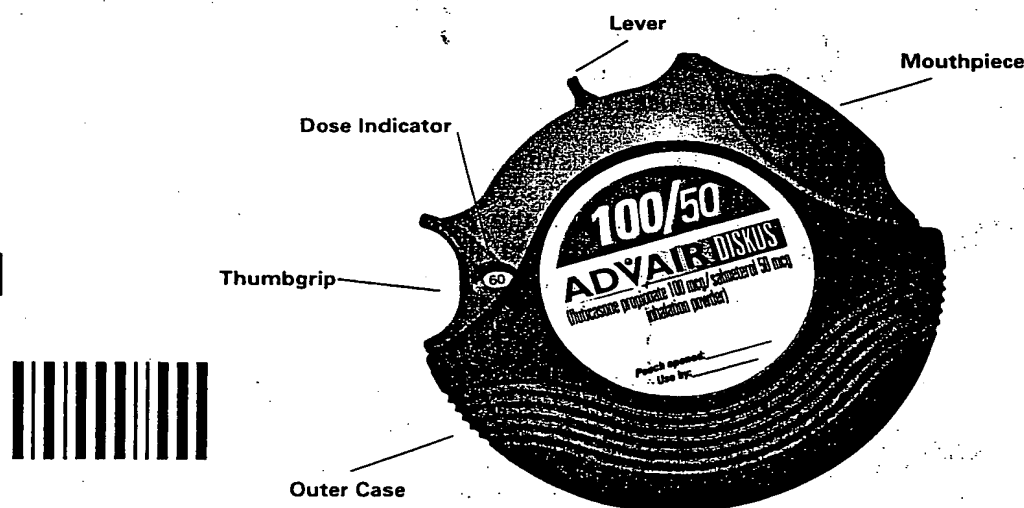
(fluticasone propionate 100, 250, 500 mcg and salmeterol\* 50 mcg inhalation powder)

**ADVAIR DISKUS<sup>®</sup> 100/50**  
(fluticasone propionate 100 mcg and salmeterol\* 50 mcg inhalation powder)

**ADVAIR DISKUS<sup>®</sup> 250/50**  
(fluticasone propionate 250 mcg and salmeterol\* 50 mcg inhalation powder)

**ADVAIR DISKUS<sup>®</sup> 500/50**  
(fluticasone propionate 500 mcg and salmeterol\* 50 mcg inhalation powder)

\*As salmeterol xinafoate salt 72.5 mcg, equivalent to salmeterol base 50 mcg

**FOR ORAL INHALATION ONLY**

Read this leaflet carefully before you start to take your medicine. It provides a summary of information about your medicine. Keep it for future use. Read the leaflet every time you refill your prescription because there may be new information.

*For more information ask your doctor or pharmacist.*

**What Is ADVAIR DISKUS<sup>®</sup>?**

Your doctor has prescribed ADVAIR DISKUS 100/50, ADVAIR DISKUS 250/50, or ADVAIR DISKUS 500/50. The medicine is available in 3 different strengths, and your doctor has chosen the one most suitable for you.

Asthma is a long-term condition affecting the lungs. Symptoms of asthma include shortness of breath, wheezing, chest tightness, and cough. Two main causes of asthma symptoms are bronchoconstriction (tightening of the muscles surrounding the airways) and inflammation (swelling and irritation of the airways).

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ADVAIR DISKUS contains 2 medicines, fluticasone propionate and salmeterol xinafoate, which treat these 2 causes of asthma symptoms. Fluticasone propionate is a synthetic corticosteroid. Corticosteroids are natural anti-inflammatory substances found in the body. They are used to treat asthma because they reduce airway inflammation.

Salmeterol is a long-acting bronchodilator that helps prevent and relieve bronchospasm, making it easier to breathe.

When inhaled regularly, ADVAIR DISKUS helps to prevent symptoms of asthma.

### Important Points to Remember About Using ADVAIR DISKUS

#### 1. TELL YOUR DOCTOR BEFORE STARTING TO TAKE THIS MEDICINE:

- if you are pregnant (or intending to become pregnant),
- if you are breastfeeding a baby,
- if you are allergic to ADVAIR DISKUS, any other medicines, or food products. In some circumstances, this medicine may not be suitable and your doctor may wish to give you a different medicine.
- Make sure that your doctor knows what other medicines you are taking.

2. It is important that you inhale each dose as your doctor has advised. The label will usually tell you what dose to take and how often. If it doesn't, or if you are not sure, ask your doctor or pharmacist. **Do not use ADVAIR DISKUS more frequently than 2 times daily, morning and evening, approximately 12 hours apart, at the recommended dose of 1 inhalation each time.**

3. ADVAIR DISKUS delivers your dose of medicine as a very fine powder that most, but not all, patients can taste or feel. Whether or not you are able to taste or feel your dose of medicine, you should not exceed the recommended dose of 1 inhalation each morning and evening, approximately 12 hours apart. If you are not sure you are receiving your dose of ADVAIR DISKUS, contact your doctor or pharmacist.

4. You may feel better after the first dose of ADVAIR DISKUS; however, it may take 1 week or longer to achieve maximum benefit. It is **IMPORTANT THAT YOU USE ADVAIR DISKUS REGULARLY. DO NOT STOP TREATMENT EVEN IF YOU ARE FEELING BETTER** unless told to do so by your doctor.

5. If you miss a dose, just take your next scheduled dose when it is due. **DO NOT DOUBLE** the dose.

6. **DO NOT USE ADVAIR DISKUS TO RELIEVE SUDDEN ASTHMA SYMPTOMS** (e.g., sudden severe onset or worsening of wheezing, cough, chest tightness, and/or shortness of breath that has been diagnosed by your doctor as due to asthma). **An inhaled, short-acting bronchodilator such as albuterol should be used to relieve sudden asthma symptoms.** If you do not have an inhaled, short-acting bronchodilator, contact your doctor to have one prescribed for you. **You should continue to take ADVAIR DISKUS as instructed by your doctor.**

7. Tell your doctor immediately if your asthma is getting worse, as indicated by any of the following situations.

- Your inhaled, short-acting bronchodilator becomes less effective.
- You need more inhalations than usual of your inhaled, short-acting bronchodilator.
- You have a significant decrease in your peak flow measurement as previously defined by your doctor.

8. If your symptoms do not improve after using ADVAIR DISKUS regularly for 2 weeks, tell your doctor.

9. While you are taking ADVAIR DISKUS twice daily, you should not use SEREVENT® DISKUS® (salmeterol xinafoate inhalation powder) or SEREVENT® (salmeterol xinafoate) Inhalation Aerosol for any reason, including prevention of exercise-induced asthma or the maintenance treatment of asthma.

10. Use other inhaled medicines only as directed by your doctor.

11. Do not use ADVAIR DISKUS with a spacer device.

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## How to Use Your ADVAIR DISKUS®

Follow the instructions below. If you have any questions, ask your doctor or pharmacist.

When you take the ADVAIR DISKUS out of the box and foil overwrap pouch, write the "Pouch opened" and "Use by" dates on the label in the space provided on the device. The "Use by" date is 1 month from date of opening.

The DISKUS® inhalation device will be in the closed position when the pouch is opened.

The dose indicator on the top of the DISKUS tells you how many doses are left. The dose indicator number will decrease each time you use the DISKUS. After the DISKUS has delivered 55 doses (23 doses for the institutional or sample pack), numbers 5 to 0 will appear in red to warn you that there are only a few doses left (see Figure 1).



Figure 1



Figure 2

Taking a dose of ADVAIR DISKUS requires the following 3 simple steps: Open, Click, Inhale.

**1 OPEN:** Hold the DISKUS in one hand and put the thumb of your other hand on the **thumbgrip**. Push your thumb away from you as far as it will go until the mouthpiece appears and snaps into position (see Figure 2).

**2 CLICK:** Hold the DISKUS in a level, horizontal position with the mouthpiece towards you. Slide the **lever** away from you as far as it will go until it **clicks** (see Figure 3). The DISKUS is now ready to use.



Figure 3

Every time the lever is pushed back, a dose is ready to be inhaled. This is shown by a decrease in numbers on the dose counter.

To avoid releasing or wasting doses:

- Do not close the DISKUS.
- Do not tilt the DISKUS.
- Do not play with the lever.
- Do not advance the lever more than once.

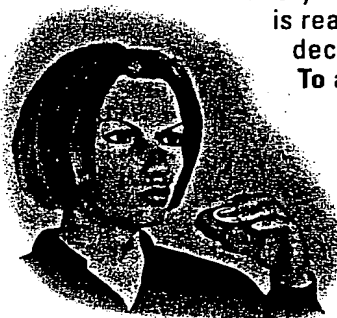


Figure 4

**3 INHALE:** Before inhaling your dose of ADVAIR DISKUS, breathe out as far as is comfortable, holding the DISKUS level and away from your mouth (see Figure 4). Remember, never breathe out into the DISKUS mouthpiece.



Figure 5

Put the mouthpiece to your lips (see Figure 5). Breathe in quickly and deeply through the DISKUS, not through your nose.



Figure 6

Remove the DISKUS from your mouth. Hold your breath for about 10 seconds, or for as long as is comfortable. Breathe out slowly.

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**CLOSE** the DISKUS when you are finished taking a dose so that the DISKUS will be ready for you to take your next dose. Put your thumb on the thumbgrip and slide the thumbgrip back towards you as far as it will go (*see Figure 6*). The DISKUS will click shut. The lever will automatically return to its original position. The DISKUS is now ready for you to take your next scheduled dose, due in approximately 12 hours. (Repeat steps 1 through 3.)

**REMEMBER**

- Never exhale into the DISKUS.
- Never attempt to take the DISKUS apart.
- Always activate and use the DISKUS in a level horizontal position.
- After inhalation, rinse the mouth with water without swallowing.
- Never wash the mouthpiece or any part of the DISKUS. **KEEP IT DRY.**
- Always keep the DISKUS in a dry place.
- Never take an extra dose, even if you feel you did not receive a dose.

**Storing Your ADVAIR DISKUS**

Store at controlled room temperature, 20° to 25°C (68° to 77°F) in a dry place away from direct heat or sunlight. Keep out of reach of children. The DISKUS inhalation device is not reusable. The device should be discarded 1 month after removal from the moisture-protective foil overwrap pouch or after every blister has been used (when the dose indicator reads "0"), whichever comes first. Do not attempt to take the device apart.

**REMEMBER:** This medicine has been prescribed for you by your doctor. **DO NOT** give this medicine to anyone else.

**Further Information**

This leaflet does not contain the complete information about your medicine. *If you have any questions, or are not sure about something, then you should ask your doctor or pharmacist.*

You may want to read this leaflet again. Please **DO NOT THROW IT AWAY** until you have finished your medicine.

Your doctor has determined that this product is likely to help your personal health. **USE THIS PRODUCT AS DIRECTED, UNLESS INSTRUCTED TO DO OTHERWISE BY YOUR DOCTOR.** If you have any questions about alternatives, consult with your doctor.



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March 2003

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